

**APPLICANT  
SUBMITTED  
DOCUMENT**

Subj: **FW:**  
Date: 4/8/2003 12:40:08 PM US Mountain Standard Time  
From: [agatha@mountainsidefitness.com](mailto:agatha@mountainsidefitness.com)  
To: [j4747e@aol.com](mailto:j4747e@aol.com)  
File: **RedMtnsdFitExp.pdf** (438354 bytes) DL Time (TCP/IP): < 1 minute  
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-----Original Message-----

**From:** TOM HATTEN  
**Sent:** Tuesday, April 08, 2003 11:03 AM  
**To:** AGATHA MAGIERA-HAUG  
**Subject:**

## **Mountainside Fitness Express**

### ***A New Dimension in Personal Training Fitness Centers***

This 5,000 square foot personal fitness center is the largest of it's kind in the valley. With 20 pieces of cardiovascular equipment and 60 pieces of selectorized and free weight stations this rivals some larger clubs, but that is where the similarity ends. Each cardiovascular station has it's own 15" "Personal Viewing Station" with the ability to choose from 10 video and 5 audio channels. A 400 sq. foot room for group personal training and some of the most unique exercise stations ever done in a fitness center. The locker rooms will boast the valley's first "Personal Steam Showers" and unique "digilock" locker systems. The lobby has computer stations set up for members to access their e-mail and internet. Mountainside will offer the first internet health club software where members can check their account, set up training appointments, even change their workout at home home and print it out at the club. You can even download your treadmill workout into your PDA change it and upload it into the treadmill the next time you come in.

All memberships will included two personal training sessions a month and childcare. All Express members will have access to any full size Mountainside Fitness Center six times per month including all aerobic classes, basketball and volleyball leagues. Each Express is located within 5 miles of a full size Mountainside Fitness Center.

Mountainside Fitness Express - experience the personalized attention you deserve and achieve the goals you desire!

Saturday, April 11, 1998 America Online: J4747E

**6-UP-2003**  
4/14/2003





6-UP-2003

4/14/2003



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PHOENIX COYOTES  
ICE DEN

HEALTH SOUTH

LOT AREA  
LOT AREA 522,130 SF  
(11.986 AC)

ZONING: I-1

BUILDING HEIGHT: 26'-8"

## BUILDING AREAS:

A AREA	21,407 SF
B AREA	21,407 SF
C AREA	20,907 SF
D AREA	17,250 SF
E AREA	17,804 SF
F AREA	23,111 SF
G AREA	21,720 SF
H AREA	31,518 SF
TOTAL	178,224 SF

## PARKING:

BUILDING A	43 SPACES 1497
BUILDING B	49 SPACES 1636
BUILDING C	48 SPACES 1604
BUILDING D	23 SPACES 7754
BUILDING E	34 SPACES 1153
BUILDING F	62 SPACES 1372
BUILDING G	64 SPACES 1299
BUILDING H	54 SPACES 1583

PARKING PROVIDED: 484 SPACES

## OPEN SPACE REQUIRED:

GENERAL	522,130 X 10% = 52,213 SF
PARKING	221,100 SF X 15% = 33,165 SF
TOTAL REQUIRED	115,027 SF

## OPEN SPACE PROVIDED:

GENERAL	88,877 SF
PARKING	33,434 SF
TOTAL PROVIDED	122,312 SF

## LOT COVERAGE:

178,224 / 522,130	33.56%
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## H/C SPACES REQ'D.:

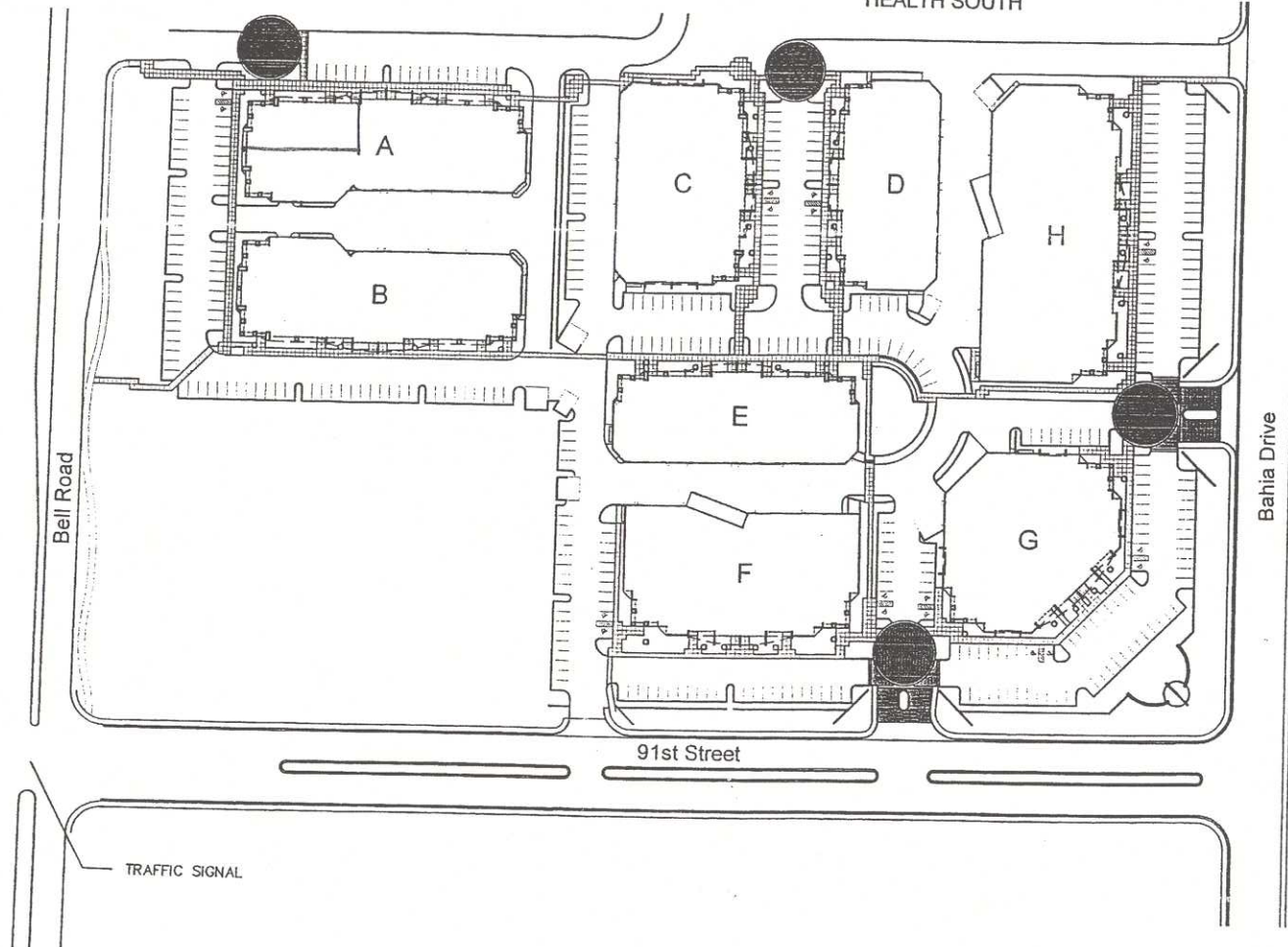
362 SPACES X 4% =	15 SPACES
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H/C SPACES PROV.: 20 SPACES

## BIKE RACKS REQ'D.:

484 SPACES / 10 =	48 RACKS
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BIKE RACKS PROV.: 48 RACKS



AN INDUSTRIAL PROJECT FOR BWE 2000, L.L.C.  
MCDOWELL MOUNTAIN BUSINESS PARK  
G.L.O. LOTS 8, 19 & 20

JAMES ELSON ARCHITECTS (at net (email address))



15770 north  
greenway hayden loop  
suite one hundred four  
scottsdale, arizona  
85260  
area code (480)  
348-7460 telephone  
348-7462 fax  
348-7463 modem

james  
elison

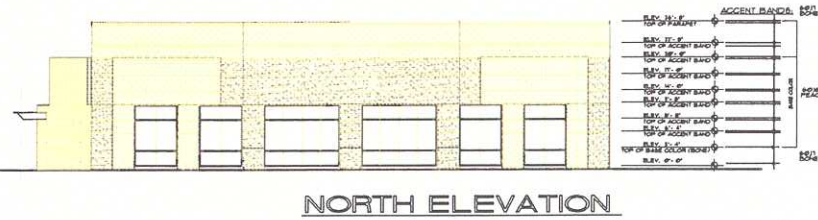
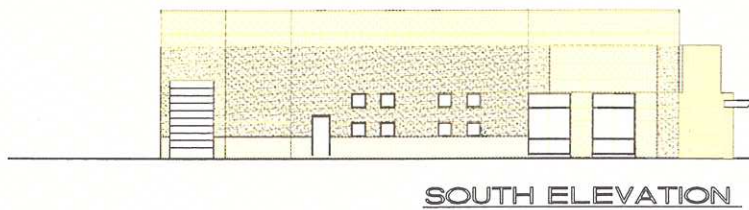
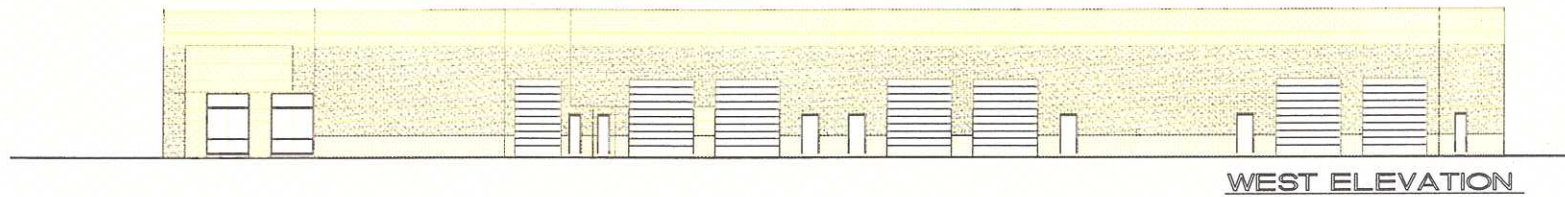
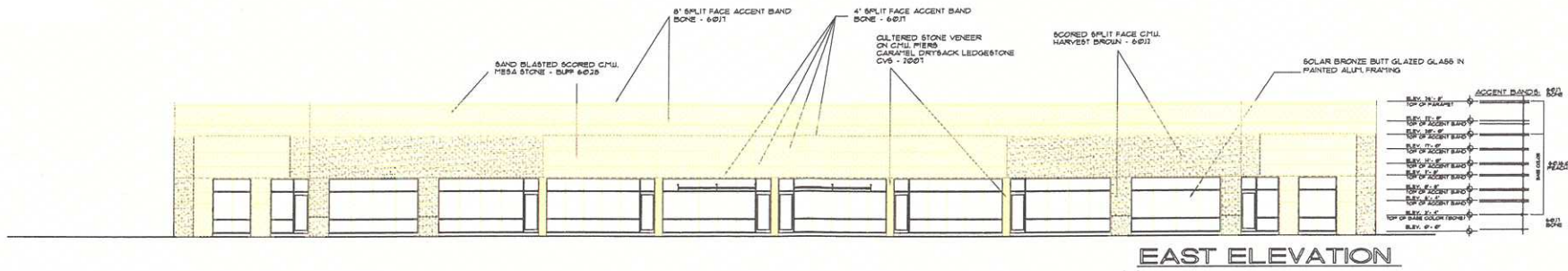
architect SD-1



SITE PLAN

0 25 50 100 150  
1" = 50'

6-UP-2003  
4/14/2003



SCORED SPLIT FACE CMU,  
HARVEST BROWN - 6021

SAND BLASTED SCORED CMU,  
MESA STONE - BUFF 6028



james  
olson

BLDG A - ELEVATIONS

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G.L.O. LOTS 8, 19 & 20

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